

# Patrika

## Chinmaya Mission Los Angeles

MAY 2016

### INSIDE THIS ISSUE:

[Upcoming Events](#)  
[Thus Spake The Master](#)  
[Words Of The Wise](#)  
[THINK!](#)  
[CHYK Memorial Day Camp](#)  
[Swami Chidatmanandaji's Visit](#)  
[Modern Physics and Vedanta](#)  
[San Jacinto Peak Day Hike](#)  
[CORD Plants Trees](#)  
[For The Record](#)  
[Life of 'T' Book Signing Event](#)

[CMLA Website](#)  
[CM West Website](#)  
[CORP](#)  
[CMLA Audio Gallery](#)  
[e-Satsangs](#)  
[Chinmaya Channel](#)  
[Lectures Archive](#)  
[Follow Us On Facebook](#)  
[Sadhana Trail](#) **\*\*NEW\*\***  
**2016-17 BV Registration** **\*\*NEW\*\***

**CHINMAYA MISSION**  
**LOS ANGELES**

*Vedanta, Wisdom, Spiritual Growth*

**Chinmaya Rameshwaram**

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**Tustin, CA 92780-7012**

**USA**

[losangeles.chinmayamission.org](http://losangeles.chinmayamission.org)

*Over Thirty Years Of Service To Humanity*



## Upcoming Events

Valmiki Ramayana Discourse Series by Swami Ishwarananda	Jun 6-10	6:30 am - 7:30 am 7:30 pm - 8:30 pm
Balavihar Graduation Ceremony & CHYK Initiation	Jun 12	9:00 am - 10:30 am
<a href="#">Tech Gurukul: Let's Learn Python</a> Summer Camp by Padma Ramani <a href="#">Register here</a>	Jun 20-30	9:00 am - 12:00 pm
<a href="#">Tech Gurukul: Let's Learn Scratch</a> Summer Camp by Padma Ramani <a href="#">Register here</a>	Jul 11-15 Jul 8-22 Jul 25-29	9:00 am - 1:00 pm
<a href="#">Meditation Retreat in Mexico</a> <a href="#">Register here</a>	Dec 17-22	

[TOP](#)

## Thus Spake The Master

*Be ever ready to "face" all situations. Learn to meet all challenges and yet keep your inner balance. This is easy to one who is a devotee who can see everything as arranged by Him. Continue your daily exercises for health and strong body. Plunge yourself in study and score the best you can. The future career depends upon your healthy mind and continuous efforts. Be regular in your daily prayers and faith in yourself and in Lord's protection. Fearlessly enter into the chosen field of honest action. You will never know what is failure!*

- Swami Chinmayananda

[TOP](#)

## Words Of The Wise

*Obstacles arise from three sources - from the unseen, from the seen and from within. There can be obstructions due to storms, thunder and earthquakes over which there is no control; problems with noise or riots in the outside world; and the most difficult are obstacles from within the body - pain, fever, disease, restlessness of the mind, and so on. However, the greatest obstacle is losing faith - faith in oneself, the teacher or in the scriptures or God. If one loses faith, it is most difficult. May there be no vighna, obstacle from these sources. Om shantih shantih shantih is the trividha shanti - adhi bhautika, adhi daivika and adhyatmic.*

- Swami Tejomayananda

[TOP](#)

## THINK!

*While driving your car if you stop at the red light because -  
 - It is the law you are supposed to obey, you are likely to be religious  
 - You fear you will be punished otherwise, your belief is in karma  
 - You know that is the right thing to do, you are like a Vedantist who is sensitive and not sentimental or sensational*

- Swami Ishwarananda

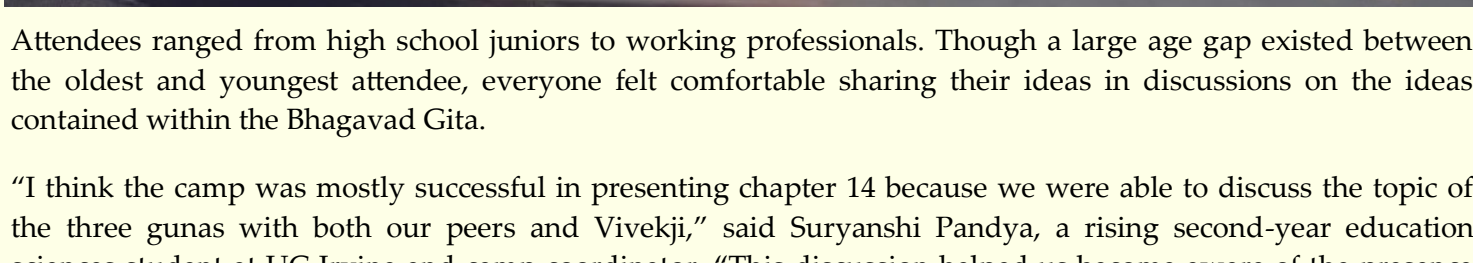
for e-Satsang blog, click [here](#)

[TOP](#)

## Camp Helps Explore and Identify Gunas

The mornings began with a quiet hike through the leafy woods. Each person, bundled in parkas and sweatpants, trekked through the forest, immersed in self-contemplation. Though it was 6 in the morning, all the hikers were deep in thought. Traces of sleep remained on their faces – a pillow indentation here, puffy eyes there – but they settled into their morning routine of contemplation easily and with calmness.

Over Memorial Day weekend, over 40 Chinmaya Yuva Kendra students traveled to Big Bear Lake for four days and three nights of contemplation, study of chapter 14 of the Bhagavad Gita and workshops that explored the concepts learned during satsangs. The camp, titled "Finding Your Balance," was led by Acharya Vivekji of Niagara Falls, Canada.

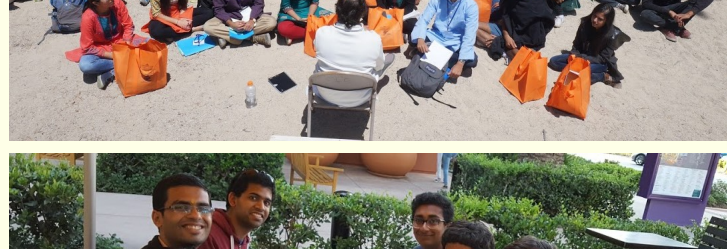


Attendees ranged from high school juniors to working professionals. Though a large age gap existed between the oldest and youngest attendee, everyone felt comfortable sharing their ideas in discussions on the ideas contained within the Bhagavad Gita.

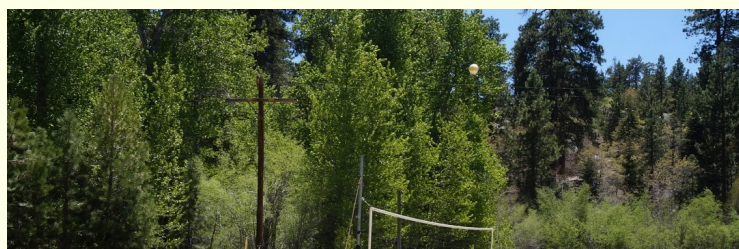
"I think the camp was mostly successful in presenting chapter 14 because we were able to discuss the topic of the three gunas with both our peers and Vivekji," said Suryanshi Pandya, a rising second-year education sciences student at UC Irvine and camp coordinator. "This discussion helped us become aware of the presence and significance of these characteristics in our lives."

Acharya Vivekji led the satsangs, which enumerated the different "gunas," or qualities that surface in each individual's personality per lifetime. The three gunas – sattva, rajas and tamas – were the focus of each discussion. Vivekji interpreted shlokas 10 to 16, which corresponded with the introduction and definitions of the gunas. Shlokas 10 through 13 introduce and illustrate the qualities of each guna. 11 defines sattva as knowledge and awareness; 12 defines rajas as comparison, activity, energy and passion; and 13 defines tamas as inactivity and thoughtlessness.

Vivekji accompanied each shloka with absolute, relative and tangible definitions, designed to help the young attendees relate to his messages of spirituality and receive practical advice from the text. The tangible definitions were the most important of the three. For example, the tangible definition for shloka 16, which discusses the outcomes of surrounding oneself with sattvic, rajasic or tamasic people, was to choose one's friends wisely. The tangible definition for shloka 12, which explains that rajas is defined by greed and a desire to indulge the senses, was to take single servings of food per meal. The easy-to-digest messages helped attendees apply the messages of the chapter to their own lives.



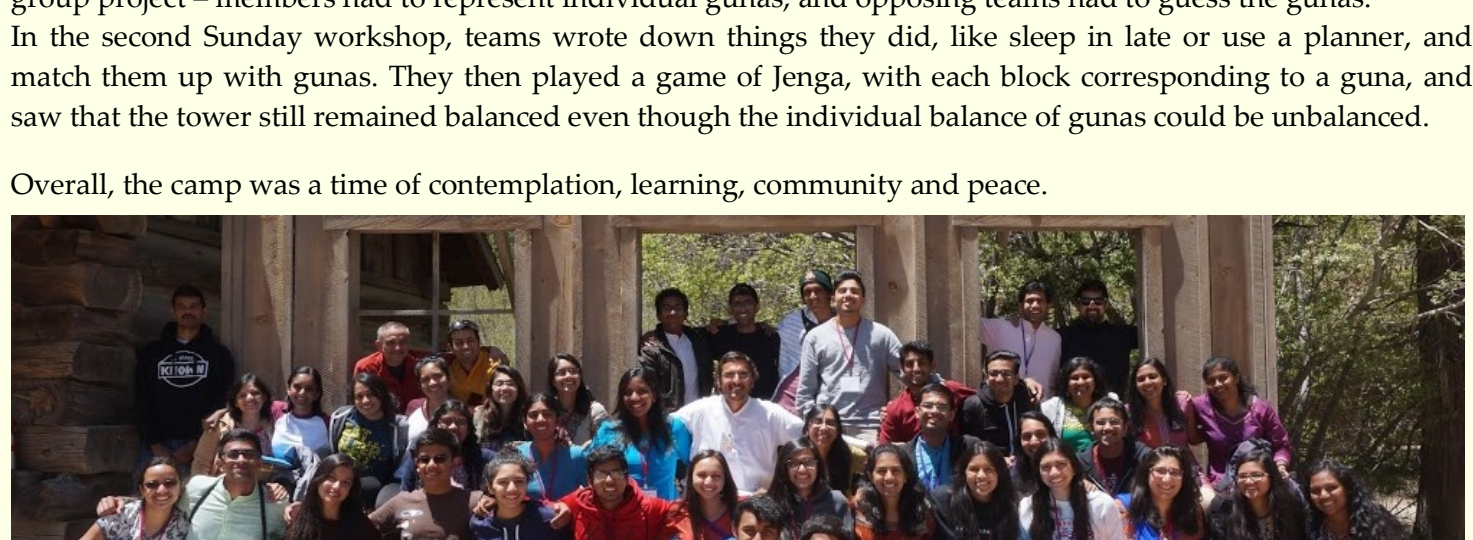
In the afternoons, attendees were given the chance to play sports like Frisbee or volleyball, or relax with quiet time and a chance to practice mauna, or quiet introspection.



After the quiet workshop passed, the camp coordinators led workshops that applied the concepts in entertaining ways. The first workshop, held Saturday, took attendees on a treasure hunt around the campsite to search for items like ducks, waterfalls and rocks that represented the three gunas.

The other two workshops, held Sunday, included acting demonstrations from attendees and Jenga games that matched to the gunas. In the first Sunday workshop, teams were given scenarios like a hangout with friends or a group project – members had to represent individual gunas, and opposing teams had to guess the gunas. In the second Sunday workshop, teams wrote down things they did, like sleep in late or use a planner, and match them up with gunas. They then played a game of Jenga, with each block corresponding to a guna, and saw that the tower still remained balanced even though the individual balance of gunas could be unbalanced.

Overall, the camp was a time of contemplation, learning, community and peace.

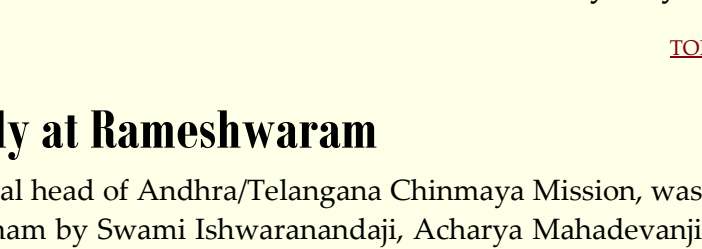
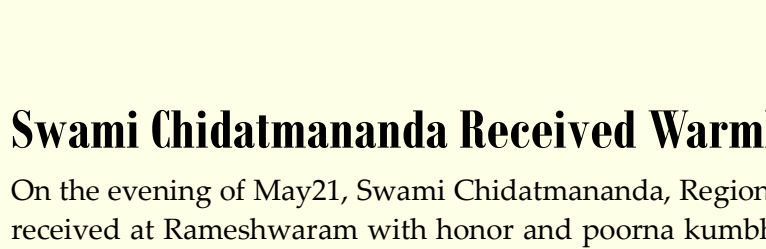


- Shreya Aiyar

[TOP](#)

## Swami Chidatmananda Received Warmly at Rameshwaram

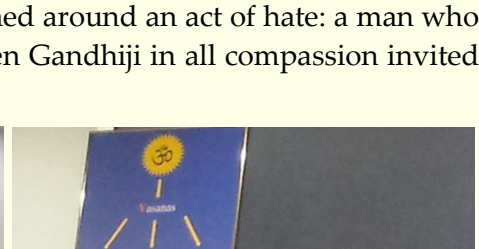
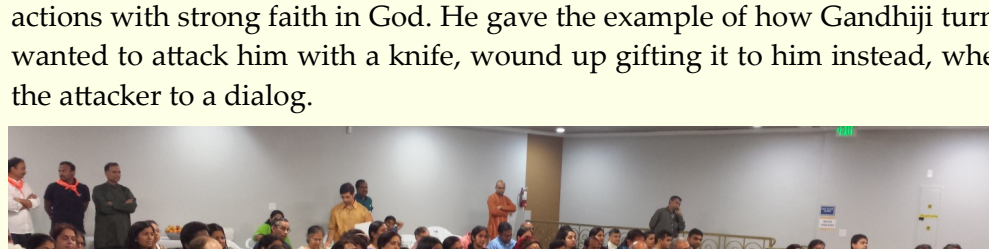
On the evening of May 21, Swami Chidatmananda, Regional head of Andhra/Telangana Chinmaya Mission, was received at Rameshwaram with honor and poorna kumbham by Swami Ishwaranandaji, Acharya Mahadevanji and CMLA families.



He lit the yajna lamp and gave a satsang on the "Essential Values of Mahatma Gandhi," in his energetic and inspirational style. He narrated how Gandhiji, all by himself, brought the nation together integrating peaceful actions with strong faith in God. He gave the example of how Gandhiji turned around an act of hate: a man who wanted to attack him with a knife, wound up gifting it to him instead, when Gandhiji in all compassion invited the attacker to a dialog.



Followed by Swamiji's talk were impressive presentations by BV Telugu language junior and senior class students. They recited poems from the Vemana Satakam and patriotic numbers. They culminated their presentation by singing a catchy folk song that transported the audience to the bygone days of village life in India. Mementoes were also awarded to graduating high school seniors who have been part of Rameshwaram Telugu class.

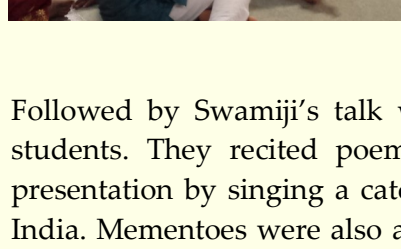


On May 22 during both balavihar sessions Swami Chidatmananda arrived in the main hall into the assembly hall to the chants of Gurustotram by the kids. He delivered a talk on "Strategy for Success." During the bhiksha Swamiji was served by 2nd grade balavihar children and their parents and expressed his appreciation in the orderly fashion in which it was done.

- Alluri Verma

[TOP](#)

## Link Between Astro-Physics and Vedanta Explored



It is the norm to encounter thinkers who are adept in their chosen domain of excellence. It is more unusual to find thinkers who can straddle different speculative thoughts with ease. Dr. Pankaj Joshi is one such thinker.

Joshi, a career physicist, presented his ideas in a talk entitled 'Modern Physics, Vedanta and Our Universe,' at Chinmaya Rameshwaram on May 15. His presentation included photos from orbiting telescopes and from particle accelerators. He pointed out that physicists exert themselves on a daily basis to unpack the rules of kinetics inherent in the microcosm and macrocosm and are presently in search for the singular rule that will explain both.

He concluded that contemporary physics is now beginning to include the role of the observer in the investigation of the macrocosm and in doing so is knocking on the doors of the intellectual rigor set by the ancient Indian non-dual thinkers.

His presentation was followed by a Q&A. Those interested also engaged Joshi in conversation at the conclusion of the talk.

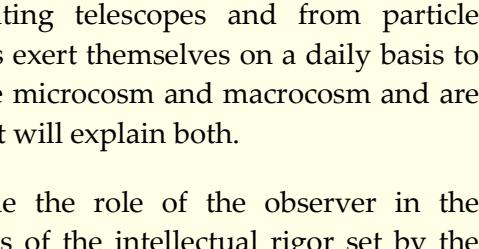
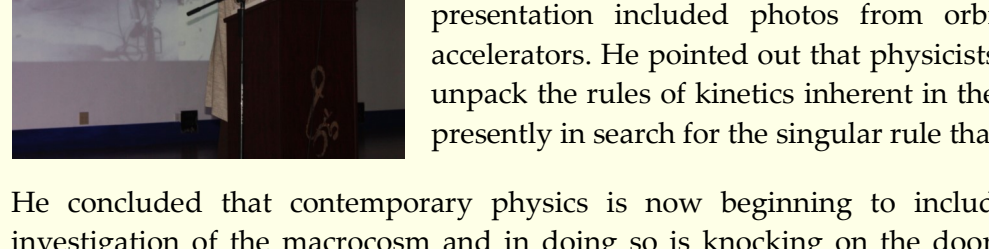
- Kiran Swamy

[TOP](#)

## Hikers Confidently Climb San Jacinto Peak

It was 7:30 am on the morning of May 14 when a group of Kaillash Yattris and CMLA members after having caravanned down the I-10 to Palm Springs took on their new challenge: San Jacinto Peak.

A task meant to adapt the group to high altitudes, the journey began with an aerial tram ride up to the base of the hike. In merely ten minutes, they had risen 8,000 feet, with the air just a little colder and the oxygen a little scarcer. The Palm Springs Aerial Tramway is the largest rotating tramcar in the world, with all forty members fitting in a single car in addition to regular visitors. The tram rose between the millennia-old rock formations of the valley, giving a spectacular 360-degree view of the basin.



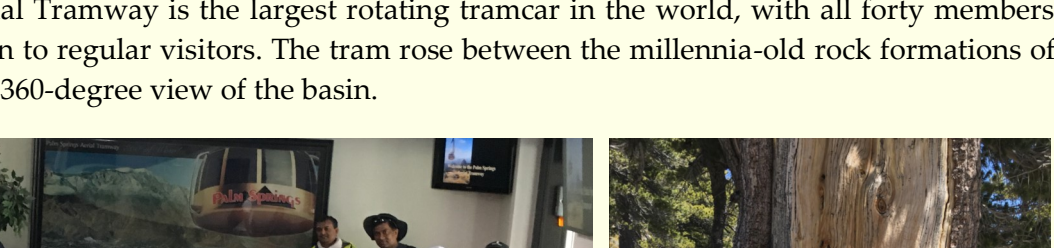
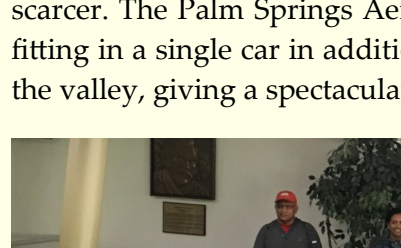
Although the trek lacked storybook precipices, the thinner air and rocky paths did not go unnoticed by the hikers. Nausea and exhaustion were ward off by quick breaks to snack and rehydrate. As time passed, the group had spread out along the trail, with the similarly-abled clumped together and trudging onward.

Shortly after noon, all members paused for a lunch break before turning around for the return journey. Some had reached the apex of the climb, while others revitalized at other stopping points. By 5:30 pm, the entire group had returned back to the tram station, weary from the journey.

-Thanuja Myuran

[TOP](#)

## Oak, Pepper Trees Planted in Gurudev's Name in Whittier



On the occasion of Pujya Gurudev Swami Chinmayananda's birth centenary, 33 pepper trees and 19 oak trees were planted in two phases at the Murphy Ranch in Whittier. At the initiative of Rashmi Singh, a CORD group of volunteers worked with the city's Parks and Recreation department getting the necessary permits and clearances.



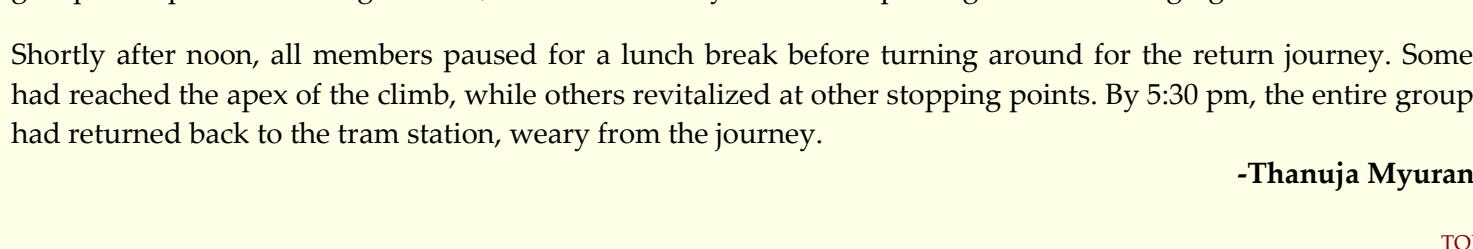
At the site of the oak trees and the pepper trees which has been dubbed a 'grove,' plaques stand proudly bearing the name of Gurudev.

Meanwhile, Pujya Guruji Swami Tejomayananda during Swami Ishwarananda's recent visit to Sidhbari, gave \$200 for continued efforts toward the greening of SoCal.

- Krishnaraj Vasudevan

[TOP](#)

## FOR THE RECORD

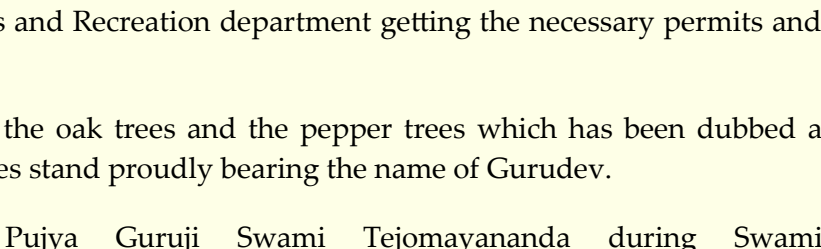
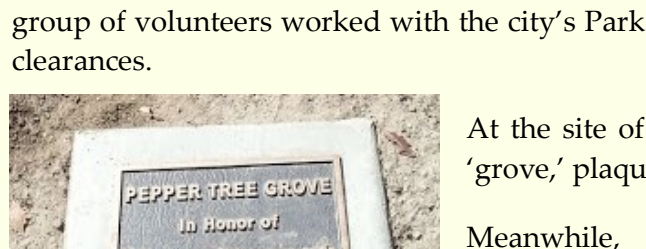


**Balavihar Children Lovingly Serve Lunch for Swamiji at SHOP**

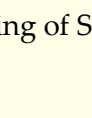


A book signing event of *Life of 'T': On the Sadhana Trail* was held at Rameshwaram on May 15. The book is part of the Mananam series celebrating Pujya Gurudev Swami Chinmayananda's centenary. In the book, Gurudev's instructions to the reader in the form of a story accompanied by meaningful images, anecdotes and illustrations. To know more about the book, please visit [www.sadhanatrail.com](http://www.sadhanatrail.com).

Uniquely, as you will note on the website, this book seeks to go further. Each book is accompanied by a bookmark wherein the seeker will find a personal *login id* and *password* which will provide access to a discussion forum.



[TOP](#)



Please send articles and pictures for publication to Nimmi Raghunathan at [nimmicmla@gmail.com](mailto:nimmicmla@gmail.com)

Many thanks for this issue to:

Pictures: Karthik Gurumurthy, Ravi Vishnubhotla

Support: Swapna Nellutla, Anoop Honnekeri